

Counting Calories Works

Why do I need to know the Calories of everything I eat?

You don't need to count calories if all you want to eat is pre-prepared frozen foods that have a calorie label. However, if you want to eat everything that you currently enjoy eating, then you have some real homework ahead of you. Knowing the calorie counts for each portion size of every food you love to eat, allows you to eat anything you want in moderation. Being too disciplined in your diet restrictions can negatively impact your quality of life, especially if you never again eat Dairy Queen "Mini" Blizzards. If your diet plan does not allow you to have an unrestricted diet, sooner or later you will come to the realization that life is too short to deny yourself the pleasures of eating delicious foods.

In addition, if you count (estimate) calories most of the time, you can skip calorie counting when you intermittently eat-out or choose to splurge occasionally on excessive calories. As Americans, most of us have grown up making dietary mistakes like eating directly out of a large bag of chips or a multi-serving container of ice cream, instead of placing the portion you want to eat into a separate bowl. Bad eating habits are at the core of excessive calorie consumption patterns.

Most people probably recall a parent saying "Breakfast is the most important meal of the day;" for those who want to lose weight, there is wisdom in this saying. If your calorie consumption is not evenly distributed over the 3 main meals in your day, you will be at risk for an increased number of hunger episodes. Skipping breakfast will likely cause you to over-consume calories for lunch. Skipping lunch will likely lead you to over consume at dinner.

There is a tremendous amount information concerning estimated calories for foods on-line. With just a few clicks, you can estimate the calories for any home cooked meal however, weighing the portions typically consumed will need to be done at least once. You were given a kitchen scale for this very purpose.

One of the best ways to determine calories is to let someone else do it for you. If you like to cook, web sites like www.Allrecipes.com give you the nutritional information at the end of each recipe. Look for recipes that you think would freeze well in individual portions, two examples of actual recipes are provided.

When weight loss is planned correctly, it is a slow process. One pound of fat contains about 3500 calories. As an Example: If your metabolism or Basal Metabolic Rate (BMR) consumes 2300 calories per day, you would need to burn 500 extra calories or consume 500 fewer calories, each day to lose 1 pound of fat per week. To keep your body from triggering "starvation mode" changes that would reduce your BMR and make weight loss more difficult, the optimal number of calories to reduce per day is only 10% of your BMR; so for this example, a reduction of 230 fewer calories is a better choice.

Increasing Your Calories Burned with Exercise

	Calories Burned on a Brisk Walk								
Weight (lbs)	100	120	140	160	180	200	220	250	275
Mile 1	57 cal.	68	80	91	102	114	125	142	156
Mile 2	114	136	159	182	205	227	250	284	313
Mile 3	170	205	239	273	307	341	375	426	469
Mile 4	227	273	318	364	409	454	500	568	625
Mile 5	284	341	398	455	512	568	625	710	782

Your Dietary Goal for Daily Calorie Intake

Patient: _____ **MR#** _____

*Your Calorie reduction goal is 10% lower than your needed Calories

Calculated Goal for Weight Loss: No more than _____ calories per day

<u>Breakfast options:</u>	<u>Portion / Weight</u>	<u>Calories</u>

Egg (large)	1	80
Yogurt Cup (Chobani w/ Fruit)	5.3 oz.	110
Toast (Unbuttered)	1	80
"I Can't Believe it's Not Butter"	1 Tbs.	60
Butter (Real)	1 Tbs.	102
Jam for toast (Smucker's Blueberry)	1 Tbs.	50
Lucky Charms Cereal	2 cups	274
Chex Cereal	2 cups	286
Milk (whole)	1 cup	150
Milk (2%)	1 cup	120
Granola (Nature's Valley-low sugar)	1 cup	393
Banana	1 (Average size)	100
Coffee creamer (Coffee Mate)	1 Tbs.	35
Sugar	1 tsp.	16

Your Favorite Snacks

Options	Portion / Weight	Calories

Options	Portion	Calories
Potato chips	30 chips	320
Doritos	24 chips	300
Pretzels (Snyder Gluten-free)	1 oz. (32 sticks)	120
Almonds (1/4/cup = 1 oz.)	1 oz. (23)	164
Cashews	1 oz. (16)	165
Peanuts	1 oz. (28)	161
Walnuts	1 oz. (14)	185
Pistachio	1 oz. (40)	158
Sunflower seeds	¼ cup	207
Apple	1 (size matters)	60-100
Carrot sticks (Baby)	18	90
Nothing Bundt Cakes (Buntini)	1	210
Orange	1	70

Your Favorite Lunches

Options	Portion / Weight	Calories

Options	Portion	Calories
Grilled chicken sandwich (Wendy's)	1	390
Spicy chicken filet sandwich (Wendy's)	1	530
Crispy chicken Caesar Wrap (Wendy's)	1	430
Grilled chicken Go-wrap (Wendy's)	1	260
French fries (Wendy's)	Medium	350
Chicken nuggets – Grilled (Chick-fil-a)	6	130
Chicken nuggets – Breaded (Chick-fil-a)	6	250
Waffle fries (Chick-fil-a)	Medium	420
Whataburger	1	590
Grilled Chicken Melt (Whataburger)	1	395

Your Favorite Dinners

Options	Portion / Weight	Calories

Options	Portion	Calories
Stoffer's Lasagna (Frozen)	2 cups	520
Spaghetti w/ meat sauce	2 cups	470
Turkey - Poorboy (Bill Miller's)	1	450
Chicken Bar-B-Q ¼ white (Bill Miller's)	1	280
Chicken Delight Salad (Bill Millers)	1	360
*No cheese or bacon (1/4 chicken, White meat)		
Beef Brisket (Bill Miller's) *Lean	¼ lbs.	270
Baked Potato (Plain)	1	150
Bill Miller Fries- small	1	290
Cole slaw (Bill Millers)	1 cup	70

Your Favorite Salads

Options	Portion	Calories

Options	Portion	Calories
Cracked Pepper Caesar (HEB)	½ bag	250
Garden Lime Crunch (HEB)	½ bag	250
Sweet Thai chopped (HEB)	½ bag	230
Tuscan Herb (HEB)	½ bag	260
Pepita Goddess Crunch (HEB)	½ bag	270
Classic Caesar (HEB)	½ bag	290
*Add diced Rotisserie Chicken to any salad	1 cup	250
*Add Shrimp	1 cup	400

